



Makeover Challenge 2011

(10 week program)

CHALLENGE REQUIREMENTS

- Cardio Challenge is open to Enrolled Salt River Pima-Maricopa Indian Community Members & their family members, SRPMIC Tribal & Enterprise employees.
- TEAM CHALLENGE with 3 individuals on a team—all female, all male or co-ed teams
- In order to participate, challenge participants must complete a Personal Health History Form, Medical Clearance Form (if applicable), and initial assessment (weigh-in, circumference measurements, and body fat percentage).
- Initial weigh-in (first day) and final weigh-in (last day) weights will be used to calculate the overall percentage of weight-loss.
- **MINIMUM ACTIVITY REQUIRED:**
 - Each team member must average 120 minutes per week (with a least 30 minutes of continuous exercise)
- Team Captains are required to email their team's average team exercise time on Monday of each week before 12pm. (**Make sure to specify team name or number to fitness staff when reporting**)
- Email team's average team exercise time to michelle.long@srpmic-nsn.gov or rachel.seepie@srpmic-nsn.gov by 12:00 pm on Monday of each week.
- Each Participant will be given a Food Diary & Exercise Journal to track caloric intake & output.

REGISTRATION

Registration for the 2011 Spring Makeover Challenge begins on Wednesday April 6 and continues until Friday April 15. The last day to register is Friday April 15, 2011 at 6pm. **Late registration will be considered on a case by case basis.**

BODY COMPOSITION ASSESSMENT

WEIGHT & BODY FAT ANALYSIS

Your weight & body fat percentage analysis will be measured during week's 2, 4, 6 & 8.

General Guidelines for an accurate reading:

- Take readings at least 3 hours after rising, eating a large meal, or exercising.
- Take readings once a week at the same time of day under the same conditions. (Note: Taking readings more than once per week is not beneficial since body fat does not change from day to day.)
- Average your readings for the month.
- Compare averages from month to month.
 - By following this format, hydration fluctuations throughout the month will average out, and you will be able to better assess any real change in your body fat percentage over time.
 - *Note: Tanita Body Composition Analyzer is accurate within +/- 5 percent.*

WAIST MEASUREMENT

Your Waist measurement will be taken during your initial assessment (April 6-15). Your waist measurement reflects the narrowest part of your waist.

POINT SYSTEM

WEIGH-INS

- **WEIGH-INS ARE MANDATORY & CANNOT BE RESCHEDULED. WEIGH-INS ARE SCHEDULED ON TUESDAY OR WEDNESDAY**
- earn 5 points for keeping scheduled weigh-in
- earn 1 point for each pound lost
 - *If you miss a weigh-in, your previous week's weight will be recorded for the missed week (i.e., zero weight loss for that week; 0 minutes earned)*

WAIST MEASUREMENT

- earn 1 point for each inch lost

EXERCISE

- **AVERAGE TEAM EXERCISE TIME SCALE:**
 - 360-719 minutes = 3 points
 - 720-1079 minutes = 6 points
 - 1080+ minutes = 9 points

FOOD DIARY

- Earn 5 points for completing weekly food diary.
 - Food diary is considered complete?
 - includes food description
 - includes food measurement (i.e., cups, ounces, etc.)
 - included calories found in food
 - includes grams of fat in food

SPRING MAKOVER PRIZES

- The team with the highest percentage of weight loss (based on starting and ending weight).
 - $[(\text{INITIAL WEIGHT} - \text{Actual Weight}) \div \text{INITIAL WEIGHT} \times 100 = \%]$
 - ***If there is a tie, the average team waist circumference will be the tie breaker.***
- The team with the highest average team exercise time for 10 weeks.